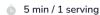


405

CALORIES





Velvet Berry Smoothie

37a

PROTEIN

Ingre	edients
~	60g frozen blueberries
	1 medium (7" to 7-7/8" long) banana(s)
	250ml soy milk
	40g vanilla vegan protein blend (70%)
	1 tsp brown sugar

55a

CARBS

5a

FAT

Preparation

Ideally, use a chilled or even a frozen banana and berries for this splendid mix of antioxidant-filled goodness.

Step 1: Place all ingredients into your blender of choice and take a look at what is about to become an absolute sensation.

Step 2: Securely fasten the lid and blend thoroughly for around 15 - 30 seconds while gradually adding water (if necessary) to create desired consistency.

Step 3: Pour into a glass for that sensational smoothie treat that will occupy your dreams for weeks to come.



306

CALORIES



5 min / 1 serving

Simple Cumin, Tofu, and Avocado Sandwich

14g

PROTEIN

Ingr	edients
	40g tofu, firm, prepared with nigari
	1/2 tsp cumin powder
	1/2 tsp olive oil
	2 slice regular whole grain bread
	1/4 medium whole tomatoes, red, ripe
	1/2 tsp dijon mustard (whole grain)
	1/4 whole avocado
	1 leaf, medium iceberg lettuce

33g

CARBS

14a

FAT

Preparation

This one shouldn't be too complicated to make; we're sure you've heard of a sandwich, right?

Step 1: Lightly fry 80g of sliced tofu in the olive oil and ground cumin and allow to chill in the refrigerator.

Step 2: Then, lightly toast your whole grain bread to your preferred toastiness... (Toasting the bread removes the chances of a soggy sandwich!).

Step 3: Slice the tomato and avocado and get them ready for action.

Step 4: Then, layer all ingredients in whatever order you see fit. We personally went with lettuce, tofu, tomato, avocado, then mustard on the top slice!



346

CALORIES



30 min / 1 serving

Tofu and Asparagus Skillet

22g

CARBS

22_q

FAT

23a

PROTEIN

Ingred	lients
1	25g tofu, firm, prepared with nigari
5	clove garlic
8	Oml vegetable stock/broth
3	tsp ginger
	dash black pepper
8	Og white button mushrooms
1	75g asparagus
2	tsp olive oil

Preparation

Step 1: First of all, chop your tofu into 1-inch chunks and season with a little salt and pepper.

Step 2: Finely chop your ginger and garlic. Then, place the ginger in a bowl along with the stock and the pepper, and let it all get cozy together after a light mix.

Step 3: Meanwhile, heat half the olive oil in a frying pan or skillet over medium heat and add the tofu to cook for about 5 minutes, stirring occasionally. Then remove from the heat and place to the side.

Step 4: Add the remaining olive oil to the same skillet and add the garlic to sauté for about 1 minute.

Then, mix in the mushrooms and asparagus and cook until slightly tender (about 5 minutes).

Step 5: Return the tofu to the pan along with the stock sauce mix and bring to a simmer.

Step 6: After about 4 minutes, remove from the heat and serve up with a sprinkle of sesame seeds if you have them!





1 min / 1 serving

Orange and Sunflower Seed Power!

3g

PROTEIN

CALOTTES	111012111	0711100	1741	
ngredient	s			
1 frui	t (2-5/8" dia) oranges		
10g s	eeds, sunflo	wer seed k	ernels, dried	

17g

CARRS

5g

FΔT

Preparation

120

CALORIES

Step 1: Eat the orange and the sunflower seeds. All of them.

Ideally, find the sunflower seeds without the hull, if not you'll be here for hours...





<1 min / 1 serving</p>

Raspberries

31 1g 7g 0g CALORIES PROTEIN CARBS FAT

Ingredients

60g raspberries

Preparation

Don't share these with anyone!



Ingredients Needed

Bake	ed
	2 slice regular (60g) Whole Grain Bread
Fats	and Oils
	4g Olive Oil
Fruit	s and Fruit Juices
	1/4 whole (37.5g) Avocado
	1 medium (7" to 7-7/8" long) (118g) Banana(s)
V	60g Frozen Blueberries
	1 fruit (2-5/8" dia) (131g) Oranges
	60g Raspberries
Legu	ımes
	250ml (250g) Soy Milk
	80g Tofu, firm, prepared with nigari
Nuts	and Seeds
	10g Seeds, sunflower seed kernels, dried
Past	es, Sauces, and Gravies
	80ml (80g) Vegetable stock/broth
Prot	ein Powders
	40g Vanilla Vegan Protein Blend (70%)

Spices and Herbs

	1 dash (0.4g) Black Pepper
	1/2 tsp (2.5g) Cumin Powder
	1/2 tsp (2.5g) Dijon Mustard (Whole Grain)
	3 tsp (6g) Ginger
Swe	ets
	1 tsp (3g) Brown Sugar
Vege	etables
Vege	175g Asparagus
Vege	
Vege	175g Asparagus
Vege	175g Asparagus 5 clove (15g) Garlic